

ranged Kaphah and Vayu, while Shunthi, Maricha
 and Pippali
 conquer the deranged Kapham and Vayu, Maricha
 is anti-
 aphrodisiac, though several authorities attribute
 a contrary
 virtue to it. Hingu (asafoetida) conquers Kapham
 and proves
 curative in colic, intestinal glands, and
 tympanites. Yamani
 (Ptychotis), Dhanyakam (corrianrler seeds and
 Aj4ji (cumin
 seeds) are highly Vayu and Kapha-destroying.
 Saindhavarn
 (Rock salt) is aphrodisiac, improves the rye-
 sight, and des-
 troys the three Doshas. Saubarchal salt is
 heat making in
 its potency and cures tympanit< s and angina
 pectoris. Vid
 salt is sharp and heatmaking, anti-spasmodic
 and Vayu-
 subding. Romakam Salt is heavy, relishing and
 Vayu-sub-
 duing and leaves a slimy deposit in the vessels of
 the body.
 Yavakshara (impure Nitrate of Potash) improves
 the digestive
 faculty, and proves curative in Jaundice and
 diseases of the heart
 and throat. Sarjikshara (barilla) is sharp, caustic,
 appetising,
 and is used in bursting absceses. Atmospheric
 water is light,
 refreshing, anti-toxic and Dosha-destroying. River
 water is
 parchifving (in its effect) and Vayu~generating ;
 tank-water,
 sweet and light; Vapi-water Kapha and Vayu-
 subding;
 and Tadaga water, Viyu-generating. Fountain
 water is palat-
 able, digesUnt, phlegmagougic, light and
 parchifying (pro-
 duces a condition of parchedness in the
 organism) ; well water
 generates the Pittam and is appetising ; water
 that springs
 up from beneath the soil is Pitta-subduing ; water
 that is kept

exposed to the sun, whole day, and is cooled by
the moon
beam, all night, acquires virtues identical with
those of
atmospheric water. Hot (boiled water) is beneficial
in fever,
.bronchitis, and corpulency, and subdues the Vayu
and Kapham*
Water, which is boiled and subsequently cooled
down, des-
troys the three Dashas, while that, which is
collected over
night, generates or aggravates them (Doshas) in
the system.
Cow's milk is heavy, emulsive, rejuvenating, and
Vayu and
Pitta-subduing; that, of a she-buffaloe is heavier
and more
emulsive than the former, and it improves the
digestive faculty •